

The Wolds Federation
CURRICULUM OBJECTIVES – Physical Education

KS2	Topic	Objective
Yr3 – Yr4	Dance	• Start to improvise independently and create simple dance routines • Work with a partner and create a simple dance sequence • Start to compare and adapt movement to create a larger sequence • Use simple dance vocabulary to compare and improve work • Confidently improvise with a partner or on their own • Start to improvise independently to create a simple dance • Translate ideas from stimuli into movement, with support
Yr3 – Yr4	Gymnastics	• Copy, explore and repeat a range of different movements • Begin to be aware of differences and similarities between sequences • Use turns while travelling in different ways • Start to show flexibility in movements • Link skills with control, technique, co-ordination and fluency • Perform more complex sequences using various body shapes combining equipment and movement • Continue to develop strength, technique and flexibility throughout performance
Yr3 – Yr4	Games	• Understanding tactics and how to use them in different scenarios • Showing and demonstrating how skills between games are transferable • Showing good teamwork and starting to communicate with each other • Show a good use of control and co-ordination in game situations • Understand and adapt new game rules • Work well with a group to develop various games • Show an understanding of competing fairly and competitively • Start to show signs of working independently to carry out skills • Show confident in using ball skills in various ways, linking throwing, catching and bouncing • Taking part in competitive games understanding how tactics work for both defence and attack • Ability to set up games independently using own knowledge and skill • Can comment on skills learnt to develop and adapt new games and rules • Able to suggest different equipment to differentiate games

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Yr3 – Yr4	Athletics	• Start to understand running appropriate speed for different distances • Ability to perform a running jump with accuracy • Demonstrate different throwing techniques with different equipment • Can use equipment safely and with good control • Show a variety of running techniques and use them with confidence • Can perform a running jump with more than one component, add hop, skip, jump • Can demonstrate ability to throw accurately • Can use correct terms to explain actions
Yr3 – Yr4	Outdoor Adventure	• Listen to instructions from an adult/leader or partner • Begin to think through and problem solve • Demonstrate an understanding of safety • Use simple maps • Choose and apply strategies to solve problems, with support
Yr3 – Yr4	Swimming	• Swims competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively, e.g front crawl, backstroke, breast stroke • Perform safe self-rescue in different water-based situations
Yr3 – Yr4	Evaluation	• Watches and describes performances with increasing accuracy • Begin to think about how own work can be improved • Work in small groups or with a partner to improve skills • Begin to make suggestions on how work can be improved, commenting on similarities and differences • Explains how work can be improved
Yr3 – Yr4	Heathly Lifestyles	• Can describe the effect exercise has on the body • Can explain the importance of exercise and a healthy lifestyle • Beginning to understand the need to warm up and cool down